

ABSTRACT OF THE DISCLOSURE

The present invention includes an appliance that has a cook vessel and a Peltier device. The Peltier device may have a motive heat distribution system on its waste side. The active side of the Peltier cools and heats the cook vessel in the absence of a motive heat distribution system. The present invention may also operate in the absence of an extraneous temperature regulation system. Methods of cooling and heating food are also part of the invention.